COVID-19 Quarantine and Isolation Guidance



The guidance in this document comes directly from the CDC, <u>here</u> and <u>here</u>.

Updated 8/12/2022

What to Do If You're Exposed to COVID-19

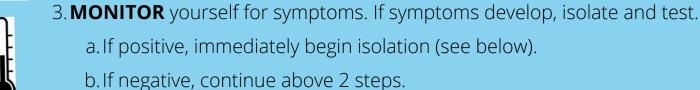
Regardless of Vaccination Status:



1. **MASK** as soon as you find out you were exposed. Continue wearing the mask for <u>10 days</u> from last exposure anytime you're around others inside your home or inside in public.



2. **TEST** at least 5 days after last exposure, even if you don't have any symptoms.





What to Do If You Test Positive for COVID-19

Regardless of Vaccination Status:



1.**ISOLATE** at home for <u>5 days</u> from symptom onset. If you never develop symptoms, isolate at home for 5 days from the day you test positive. If you develop symptoms after you test positive, restart your 5 days of isolation from the date symptoms develop.



- 2. **RETURN** to normal activities after 5 days <u>IF</u>:
 - a. You are fever-fever for 24 hours without use of medication <u>AND</u> b. Your symptoms are improving or resolved
- 3. **MASK** anytime you're around others inside your home or inside in public until:



- a. 10 days have passed since you began isolation OR
- b. You test negative twice, 48 hours apart, each test taken after day 5



COVID-19 Symptoms Decision Tree*

*The guidance in this decision tree comes directly from the Connecticut Department of Public Health, Department of Education, and Office of Early Childhood, <u>here</u> and <u>here</u>. As we transition to balancing respiratory illness prevention with maximizing in-person leaving, school nurses and facility administrators continue to use their judgement to make the final decision on whether a student can remain in school.

Updated 08-09-2022

Do you have mild respiratory Yes disease symptoms? (infrequent cough, congestion, runny nose, sore throat, etc.) **STAY HOME** until fever has resolved for 24 hours Yes Do you have a fever? without use of medications (over 100°F) AND you have tested negative for COVID. No No, Do you live with someone **STAY HOME** until Yes who recently tested positive symptoms have resolved for COVID-19? (within the AND you have tested past 2 weeks) negative for COVID. No J

Continue with In-Person Learning!

Continue with In-Person Learning IF You:

- 1. Wear a mask consistently and correctly.
- 2. Test negative each morning you have symptoms with one final test once symptoms have resolved.

Individuals who test positive for COVID-19 should remain at home for 5 days from symptom onset. They may return to in-person learning on day 6 if their symptoms have resolved or significantly improved AND they wear a mask through day 10. Visit the <u>CDC</u> for further isolation guidelines.